

Hello

We look forward to your participation in our Chi Nei Tsang® Training. In order for you to benefit as fully as possible, we recommend that you schedule some time a month before the start of the course for the (optional) preparations below.

Best regards - Veetao and Rentao

I Recommendations on how to take care of your body and vital organs

During the training, your own organs will be worked and detoxified. To make this experience as effective and enjoyable as possible for you, we recommend:

- 01 Minimum one month before the start of the course, check your diet and try to suppress: alcohol, coffee, fried food, and all foods that irritate you (gluten, lactose etc ...)
- 02 You can also follow a cleansing program of the intestines and vital organs (Chinese herbalism, aromatherapy, homeopathy, colonic irrigation... whatever the modality that suits you best).

For the beginning of the course, **please remember to cut your nails** and avoid perfumes or essential oils.

II Lecture: Guide to CNT training and article on CNT

01 Student Guide in Chi Nei Tsang (CNT):

https://www.universal-healing-tao.ch/media/attachments/2021/01/25/02-cnt-guide-1_f_2021.pdf

02 General presentation article of Chi Nei Tsang:

https://www.universal-healing-tao.ch/media/attachments/2019/11/25/07-info-cnt-article_f.pdf

III Search, study as you please...

Chi Nei Tsang massage is derived from Traditional Chinese Medicine (TCM). It is both physical (manual techniques) but also energetic. To prepare you can inquire about:

Note: You will also find the following in the book of Mantak Chia quoted above

1. The Holistic Approach of Traditional Chinese Medicine
2. The System of Five Elements (or Five Phases of Energy) that classifies our organs
3. Qi or chi (energy)

To locate and understand the functioning of organs, it is very useful to have knowledge of:

4. The Anatomy and location of vital organs and viscera
5. The whole digestive system

Note: You will find an anatomy document used during the courses on our website:

Link: https://www.universal-healing-tao.ch/media/attachments/2022/02/01/anat_physio_website.pdf

III Material provided during the course

01 Course material

02 Videos of the massage protocol

03 Videos of Inner Smile Meditation Practices and Six Healing Sounds

IV Recommended Hardware (Optional)

01 Book of Mantak Chia: Chi Nei Tsang / Chi Massage of internal organs (Editions Trédaniel)

02 Bamboo whip CHF 25 can be ordered in advance / or on sale on site

03 gwasha knife CHF 20 can be ordered in advance / or on sale on site

04 DVD of Qi Gong CHF 25 can be ordered in advance / or on sale on site